

Application: 0000000032

Tessa Rayfield - trayfield@anesistherapy.com
Public Health Madison & Dane County Grant Opportunity: Healthy Community Fund

Application (English)

In Progress - Last edited: Oct 26 2023

Application (English)

Contact Information

Submitting Organization, Group, or Individual:

Anesis Center for Marriage and Family Therapy

Contract Name:

Nancy Gomez

Address:

815 Forward Drive

City, State, Zip Code:

Madison, WI 53711

Email Address:

ngomez@anesistherapy.com

Phone Number:

(608) 268-6530

Is your proposed project based in Dane County, Wisconsin?

Yes

Funded proposals will need to complete a W-9 and Vendor Letter with the City of Madison Finance Department in order to receive funds. If funded, are you able to complete this process?

Yes

Contacts for funded proposals need to be in communication with our staff at the start and end of the funding cycle. We will use information shared to highlight impact stories and discuss project progress, as well as to create relationships for future collaboration. If funded, are you willing to be in communication with our staff?

Yes

Project Information

This funding is open to new or existing projects and programs, including the operations of groups or agencies. Please tell us about what you will use these funds to do. Short phrases or sentences are fine—you don't need to write long paragraphs.

Name of Project/Program/Initiative

Anesis Therapy Weekly Drop-in Clinic

Amount requested

\$ 10,000

Anticipated start date

1/1/2024

Anticipated end date

1/1/2025

1. Description of project(s) (in a sentence or two):

Sessions at the Drop-In Clinics are available for persons experiencing immediate mental health needs, and who are in crisis. Sessions work towards the goal of crisis stabilization. We provide brief, time-limited therapy, while also helping clients develop skills and tools for navigating their mental health needs. Additionally, our team provides case management services to connect you with resources within the community. Most importantly, all services are available in Spanish and English.

2. Briefly, tells us how much money you are requesting and what you plan to spend it on.

For our Crisis Stabilization Drop-In program, we kindly request a grant of \$10,000 to support our dedicated team of clinicians who are committed to providing valuable walk-in services to the community. This funding is essential to sustain our innovative initiative and ensure it operates seamlessly.

The \$10,000 grant will serve multiple critical purposes, enabling us to:

1. **Sustain Clinical Availability:** These funds will directly support the availability of our clinicians, ensuring that our Crisis Stabilization Drop-Ins can continue offering free services to the entire community. This uninterrupted service is vital for those in need.
2. **Resource Accessibility:** The grant will also cover the expenses associated with office supplies, ensuring our facility is well-equipped and organized to meet the needs of clients. It also allows us to provide essential resources to our clients, fostering a more supportive and holistic approach to care.
3. **Enhance Therapeutic Support:** In addition, this funding will facilitate the provision of therapeutic supplies, which are integral to the effectiveness of the 30-minute sessions we conduct. These supplies are a crucial part of our therapy sessions, enhancing the overall quality and impact of the care we provide.

Your generous support will not only help us maintain our Crisis Stabilization Drop-In program but also ensure that our services remain accessible, well-resourced, and effective in helping our community members in their time of need. We are deeply committed to making a positive difference in the lives of those we serve, and your assistance will play a significant role in achieving this goal.

3. Where (geographic area/neighborhood) and/or with who (community/group) you will you focus your effort?

Anesis Therapy is deeply committed to addressing the critical social determinants of health through accessible, affordable, and supportive healthcare systems tailored to the unique needs of marginalized individuals and communities. Our dedicated team is a vivid reflection of the very communities we serve, with racial, cultural, sexual, and linguistic diversity at the heart of our practice.

In our unwavering pursuit of holistic healing, we meet our clients where they are, embarking on a journey that is not just therapeutic but also supportive, accessible, creative, and filled with joy.

Our journey is fueled by personal experiences, as many of us at Anesis have endured the harmful impacts of racist and oppressive mental health systems. As such, our mission is clear: we actively work to break the cycle of pathologizing or criminalizing our clients and their mental health concerns. We tirelessly strive to comprehend our clients within their unique social, economic, and political contexts, never losing sight of the inherent worth that each individual carries.

Anesis Therapy is a sanctuary for inclusivity and empowerment, fostering an environment that stands as a bulwark against challenges, and uplifts individuals in their pursuit of better well-being, irrespective of their background or identity.

Our Drop-In services, are offered to all individuals in the community, and made available in Spanish and English.

4. Do you have an existing relationship with the community, group, or area?

Yes

5. If yes, please describe this relationship in a sentence or two. If you need to build this connection, please describe how you plan to do so.

In response to the increasing demand for mental health care, we're proud to share that Anesis Therapy has been addressing the issue of extended wait times. It's true that our traditional clinic settings often have a waitlist of 10 to 20 weeks, which can be an understandably challenging situation for those seeking immediate support. Moreover, through the establishment of our two Drop-In Clinics—one situated at our west office location and another as a Walk-In Clinic in partnership with Mt. Zion Baptist Church—we have taken proactive steps to effectively address and alleviate this concern.

This innovative initiative has allowed us to continue our mission of providing accessible mental health care to those who might otherwise find themselves on the waitlist. For individuals in immediate need, our Walk-In Clinics serves as a vital resource, offering timely crisis stabilization and case management services. By making these services readily available, we ensure that individuals in crisis or those who simply can't afford to wait for their turn on the traditional waitlist can access the care they require promptly.

At Anesis Therapy, our dedication to the well-being of our community knows no bounds, and this partnership has proven to be a significant step towards bridging the gap between those in need and the mental health care they deserve.

6. Public Health Madison and Dane County (PHMDC) is seeking to support local people and programs that are working to address health and racial inequity in our community. Which root cause of health inequity does your proposal most closely align with?

Reducing inequities in specific groups:

Responses Selected:

Race and/or ethnicity

Gender

Ability

Immigration status

Sexual orientation and/or gender expression

Other intersections/dimensions of identity

Reducing inequities related to:

Responses Selected:

Health systems and services
Other (include details below)

If selected, provides details on other inequities addressed through this program:

Addressing health inequities through the Anesis Therapy's Drop-In Clinics, it is important to highlight how our initiative aligns with the objectives of the grant:

1. **Mental Health Services:** The COVID-19 pandemic significantly increased the demand for mental health services. Anesis, in partnership with local churches and Dane County Human Services, has established free drop-in mental health services at two locations in Madison (Mt. Zion Baptist Church and Anesis Therapy's westside office). These services are aimed at addressing the mental health disparities in the community.
2. **Comprehensive Care:** Anesis' approach is holistic, as each location offers services provided by licensed professionals, Advance Clinical Interns, substance abuse counselors, and crisis stabilization case managers. This multi-disciplinary approach ensures that individuals' mental health and substance abuse issues are addressed comprehensively.
3. **Language Access:** Services are available in both Spanish and English during designated Drop-In Clinic hours at the westside office, which helps to address language barriers and make care more accessible to a broader section of the community.
4. **Community Inclusivity:** Both locations are open to anyone residing in Dane County, making these essential services accessible to a wide range of individuals in the community, with an emphasis on inclusivity and equity.
5. **Promoting Equity:** By providing free mental health care services, Anesis contributes to reducing the disparities in access to mental health services that often affect marginalized communities.

In addition to the primary objective of providing mental health care, the Anesis Drop-In Clinics indirectly addresses various other inequities through its approach:

- **Reducing Socioeconomic Disparities:** By offering free services and not restricting access based on the ability to pay, the program helps mitigate socioeconomic disparities in access to mental health care.
- **Promoting Racial Equity:** The program operates in collaboration with local churches and serves a diverse community, which can contribute to addressing racial disparities in mental health care access.
- **Community Resilience and Recovery:** By providing crisis stabilization services, the program aids in the community's resilience and recovery efforts during challenging times, such as the ongoing pandemic.

In summary, the Anesis Therapy's Drop-In Clinics supported by the Healthy Community Fund grant is an important initiative that not only addresses immediate mental health needs but also indirectly contributes to broader health equity objectives, such as socioeconomic and racial equity, in Dane County. It leverages the flexibility of the grant funds to provide essential services and support a healthier, more equitable community in 2024.

7. Looking at the root causes of health inequity that you identified above, please describe how your project will have an impact?

**We know that you won't change systems this funding—the impact you describe can be small. E.g.: transportation access is inequitable; you might plan to hold programming in accessible spaces or provide funding for transportation. This doesn't solve the systemic inequity but aims to be aware in your program design.*

The Anesis project, which offers free mental health services through community partnerships in Madison and Dane County, addresses several root causes of health inequity in a meaningful way:

1. Reducing Socioeconomic Disparities:

Affordable Access: The project provides free mental health services, ensuring that individuals who may not have the financial means to access these critical services can do so without cost barriers. This directly mitigates one of the root causes of health inequity, which is the inability of economically disadvantaged individuals to access necessary healthcare services.

Preventing Financial Strain: By eliminating the cost burden of mental health care, the project helps prevent financial strain on vulnerable populations, reducing the likelihood of individuals forgoing essential care due to economic constraints.

2. Promoting Racial Equity:

Culturally Sensitive Care: The project operates in partnership with local churches and serves a diverse community. This approach promotes cultural competency in care and ensures that services are accessible and sensitive to the unique needs and cultural backgrounds of diverse populations. This helps in addressing the root causes of racial inequities in healthcare access.

Reducing Stigma: By providing mental health services in a community-based setting, the project can help reduce the stigma often associated with seeking mental health care, especially in communities where such stigma may be more prevalent.

3. Community Resilience and Recovery:

Crisis Stabilization: The presence of crisis stabilization case managers in the project is essential for individuals and communities dealing with mental health emergencies. This service helps individuals regain stability during crises

and promotes overall community resilience and recovery.

Preventing Long-term Impact: By addressing mental health issues promptly, the project helps prevent the long-term impacts of untreated mental health problems, which can exacerbate health inequities in the community.

Overall, the Anesis project has a significant impact on the root causes of health inequity by making mental health services accessible and affordable, by promoting cultural sensitivity and inclusivity, and by aiding in community resilience during crises. This holistic approach not only provides immediate relief but also contributes to long-term solutions for addressing health disparities in Madison and Dane County, ultimately promoting a healthier, more equitable community.

Provide any additional attachments (Example: letters of support, budget outline, etc.)

Healthy Funds Review Stage for: Allison Dungan

Completed - Nov 9 2023

Score: 80% (28/35)

Review Task Form

Does the application provide a clear description of how funds will be used and how they will effectively support a new or existing initiative/program/activity?

10 points: Application provides a detailed description of the project including elements of its implementation that demonstrate a specific scope of activities that will be completed and a thorough understanding of key elements of project.

8

Is there a clear target audience/population the project is seeking to focus on and does the applicant have a capacity to meet the needs of this population from an informed perspective?

15 points: Application includes a specific population or target audience for their project and explains a clear link for how their activities are tailored for this community. The implementing agency further demonstrates some capacity for working with the identified community, either through lived experienced, some form of cultural awareness or a clear avenue for integrating the voice of the community attempting to be reached.

10

Does the proposed initiative/program/activity clearly identify a systemic issue linked to health inequity that it is seeking to impact?

10 points: Application identifies a root cause/systemic issue that is a clear driver or contributor to communities experiencing health inequity. The project design links specifically to addressing this issue and illustrates feasibility in its ability to address the issue with an awareness for potential limitations.

10

Total: 28.0

Comments

(No response)

Healthy Funds Review Stage for: Jordan-Lindsay Morris

Completed - Nov 16 2023
Score: 100% (35/35)

Review Task Form

Does the application provide a clear description of how funds will be used and how they will effectively support a new or existing initiative/program/activity?

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15

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10

Total: 35.0

Comments

Application was able to fully explain audience, project and systemic issues linked to health inequity

Healthy Funds Review Stage for: Robin Lankton

Incomplete
Score:

Review Task Form

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10 points: Application provides a detailed description of the project including elements of its implementation that demonstrate a specific scope of activities that will be completed and a thorough understanding of key elements of project.

(No response)

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(No response)

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(No response)

Total: 0

Comments

(No response)

Healthy Funds Review Stage for: Gene Musser

**Incomplete
Score:**

Review Task Form

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10 points: Application provides a detailed description of the project including elements of its implementation that demonstrate a specific scope of activities that will be completed and a thorough understanding of key elements of project.

(No response)

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(No response)

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(No response)

Total: 0

Comments

(No response)

Healthy Funds Review Stage for: Lourdes Shanjani

**Incomplete
Score:**

Review Task Form

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10 points: Application provides a detailed description of the project including elements of its implementation that demonstrate a specific scope of activities that will be completed and a thorough understanding of key elements of project.

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(No response)

Total: 0

Comments

(No response)